HELP THEM BOTH
Her Pregnancy and Life Assistance Network

www.herplan.org
@herplanofficial  @herplan.org
Her PLAN Directory

Her PLAN facilitates collaboration between assistance providers and their communities to empower women and families through comprehensive medical, social, and material support.

Assistance providers collaborate to serve women and families but are not formally or legally affiliated and do not support or refer for abortion.

View Her PLAN directories at www.herplan.org
Her PLAN Service Categories

**Care Coordination and Mentorship**
Options counseling and pregnancy support

**Health and Well-being**
Women’s medical services (e.g. ob/gyn)
Support services for women (e.g. breastfeeding)
General health services (e.g. primary care, dental)

**Financial Assistance, Work, or Education**
Financial assistance
Work opportunities
Education opportunities

**Material or Legal Support**
Transportation
Food and nutrition
Clothing, household goods, and baby supplies
Housing, shelters, and maternity homes
Legal support

**Recovery and Mental Health**
Addiction or suicide intervention
Intimate partner violence, sexual assault, or sex trafficking
Counseling for women and families
Abortion recovery and healing

**Prenatal Diagnosis**
Disability support organizations
Medical interventions for baby
Perinatal hospice resources
Pregnancy and infant loss support

**Care for Children**
Childcare help
Children’s health care
Family and parenting education
Adoption services
Foster and short-term care
Her PLAN Community

Scan for ideas of how you, your church, or community can help them both.

Her PLAN IS CERTIFIED BY: